

History of Low Birth Weight (AK 32 -USDA 312)

Explain to Participant

You're enrolled in the WIC program today because you have had a baby that weighed less than or equal to 5 lbs. 8 oz at birth. This increases the risk that this pregnancy can also result in a baby born at a low birth weight. Your pregnancy weight gain is closely related to the size of your baby at birth.

Goal

The goal is for you to gain enough weight during this pregnancy to delivery a baby larger than 5 lbs. 8oz. A healthy diet with enough energy, vitamins and minerals will help keep you healthy during this pregnancy and help your baby grow.

Suggestions for Reducing Risk

Follow the recommendations of your health care provider.
See your doctor regularly to monitor your pregnancy.
Explain the nutrition education materials suggested.
Eat 3 meals a day plus 2-3 healthy snacks, and take prenatal vitamins daily.
Avoid junk foods, which are generally high in calories and low in nutrition.
Avoid alcohol, tobacco and drugs.
Eat a variety of foods from all the food groups every day.
Drink 8 glasses of water every day.

Nutrition Education
Material Suggested:

Foundation for Fitness...for your Special Delivery

Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information

Blue Ribbon Babies...Eating Well During Your Pregnancy